

Be Brave and Ask For Help



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Aim

- To explore what 'being brave' really means.



Finding Your Brave

What does
'being brave'
mean to you?



Bravery is when
someone shows
mental or moral
strength to face
danger, fear or
tricky times



Finding Your Brave

We can all try to 'find our brave' during hard times.

Being brave doesn't mean
holding it in or pretending you are OK.

It means talking to an adult you trust about how you are really feeling, sharing any worries you have and asking for help. This is one of the bravest things you can do.



Finding Your Brave

We can all try to 'find our brave' during hard times.

Being brave can also mean saying 'no' to something that isn't good for our physical or mental health.

No!



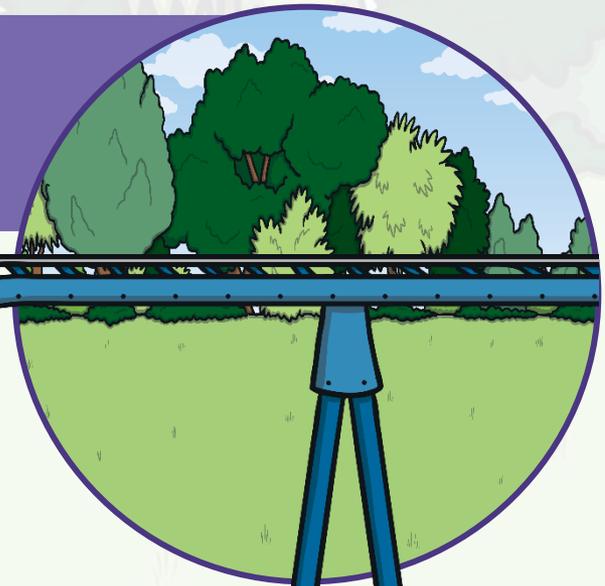
Being brave can also mean you have a go at something new. Maybe that could be joining a new sports club or learning a new skill.



Finding Your Brave

We can all try to 'find our brave' during hard times.

It can also mean stepping outside of your comfort zone and challenging yourself.



Finding Your Brave

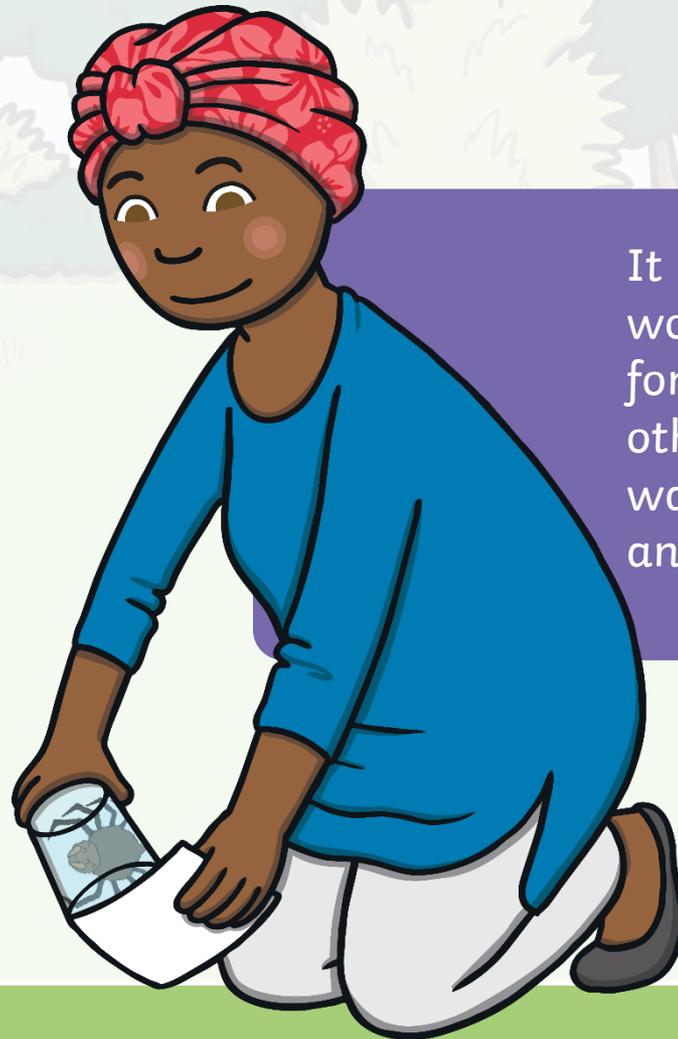


Being brave when we are worried can help us feel better and feel good about ourselves.

Remember, it is not about dealing with tricky times alone or not facing them at all.



Finding Your Brave



It is about sharing our worries and fears, asking for help and working with others to find a positive way forward to overcome any challenges we face.

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Helping Others to Find Their Brave

It feels good to give and receive help.



What could we do to help the people we know to 'find their brave'?

Reflection

In this moment of quiet:

think about anyone you know that you could show kindness to;



think about anyone you know that you could help in order for them to overcome any challenges they are facing;

think about anything tricky that you would like to 'find your brave' with and think of someone you could talk to about this.





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